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Summer peace

WRITING ON THE WALL by Joseph Roberts

ONE THING I want is a world without nuclear weapons. So does Lucy Walker whose film *Countdown to Zero* opened in Toronto this month. *Countdown to Zero* is a major documentary film produced by Participant Media and Lawrence Bender, Academy Award-winning producers of *An Inconvenient Truth*. The Global Zero movement, launched in December 2008, now includes over 200 political, military, business, faith and civic leaders plus hundreds of thousands of citizens working towards the elimination of all nuclear weapons worldwide. Check it out at globalzero.org

Given that the USA possesses the majority of atomic bombs, America can lead the way by ridding the world of thousands of their own atomic bombs. My suggestion: start with the obsolete, rusting nukes and then get rid of the more precious modern ones. According to the World Court in The Hague, even the mere possession of atomic weapons is a crime against humanity. One reason is that nuclear weapons do not discriminate between civilians and military; we are all cremated equally.

Back in 1982, when I dreamed up Vancouver's first Walk for Peace, we didn't have computers (or even an event permit), but we managed to create Canada's largest anti-nuke peace event with 35,000 people in attendance. That number grew to 100,000 by 1984. Back then, cameras used film so, unfortunately, there is little on the web to show that such a wonderful event ever happened. Let's change that. If you have an inspiring photograph or a written piece, we invite you to share your favourite memories from those first three Walks for Peace. Send it to editor@commonground.ca or mail it with a SASE to Common Ground, Lets Talk Peace,

#204 - 4381 Fraser Street, Vancouver BC, V5V 4G4.

We need more of this kind of creativity because the human race wants to survive. Either you are with the human race or the arms race so choose very wisely. Get active now or radioactive later.

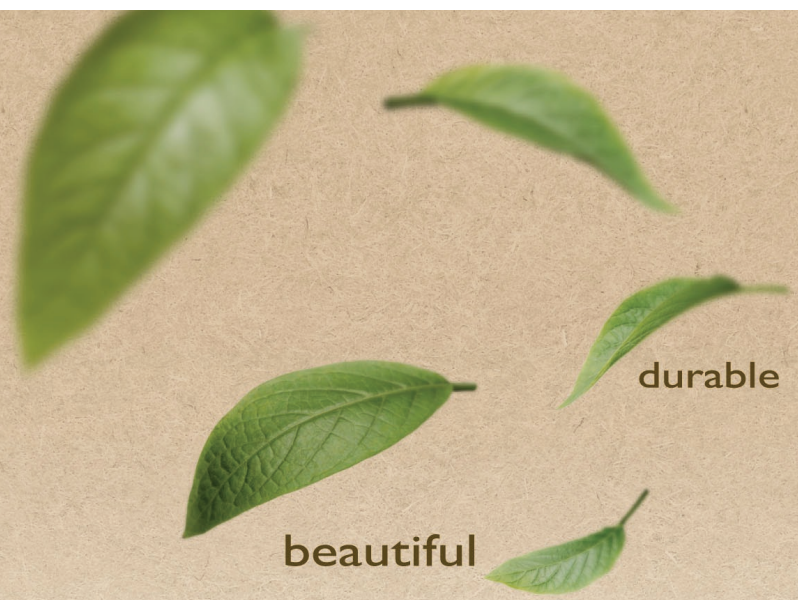
Brazil wins

A massive online campaign by the Avaaz community in Brazil has just won a stunning victory against corruption. The "clean record" law was a bold proposal that banned any politician, convicted of a crime of corruption or money laundering, from running for office. With nearly 25 percent of the Congress under investigation for corruption, most said it would never pass. But after Avaaz launched the largest online campaign in Brazilian history, helping to build a petition of over two million signatures, 500,000 online actions and tens of thousands of phone calls, the people won.

Avaaz members fought corrupt congressmen daily as they tried every trick in the book to kill, delay, amend and weaken the bill. Avaaz still won the day every time. The bill passed Congress and more than 330 candidates for office already face disqualification.

Silvia, one Brazilian member, wrote to us when the law was passed, saying, "I have never been as proud of the Brazilian people as I am today! Congratulations to all that have signed. Today, I feel like an actual citizen with political power."

The Avaaz strategy in Brazil was simple: make a solution so popular and visible that it can't be opposed and be so vigilant that we can't be ignored. This victory shows what our community can do, at a national level, cont'd page 29...



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And then there was

Ancient and mysterious, this phenomenon continues to dazzle us

LIGHT

by Geoff Olson

LIGHT STRIKES us to the core. A fiery sunset, an intense rainbow or an auroral display can evoke awe and joy. Generations of painters, photographers and cinematographers have created powerful works of art by exploiting the liminal properties of light. How is it that something so seemingly impersonal – waves of radiation from nearby or afar – can penetrate us so deeply?

Languages across the world associate light with awakening and awareness. In reaching understanding, we “see the light” or a “light dawns” on us. We talk of “illumination” and “enlightenment.” Clever people are “bright,” and the cleverest are “brilliant.” Thinking is referred to as “reflection.” We speak of the “light of the spirit,” and its inversion, a “dark night of the soul.”

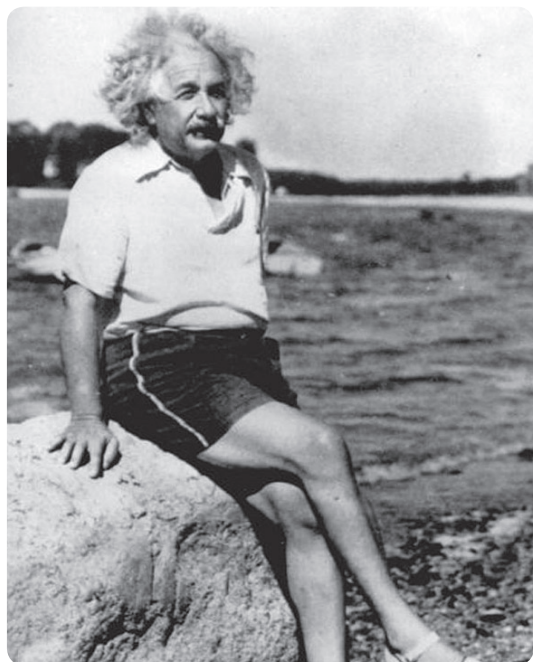
The Indo-European languages act much like Rosetta Stones, constantly cross-referencing words for light and consciousness. Perhaps there is a connection between the implicit light of metaphor and myth and the explicit light of science.

The light of a blind resistance fighter

Few writers have captured the evocative nature of light as skillfully as French author Jacques Lusseyran. In his memoir, *And There Was Light*, Lusseyran tells of the kinship he always had with light rays, beginning when he was very young: “I liked seeing that the light came from nowhere in particular, but was an element just like air. We never ask ourselves where the air comes from, for it is the air and we are alive. With the Sun it is the same thing... Radiance multiplied, reflected itself from one window to the next, from a fragment of wall to cloud above. It entered into me, became part of me. I was eating sun.”

This fascination did not stop when night fell, Lusseyran wrote. When he came in from outdoors in the evening, he found the fascination again in the dark. “Darkness, for me, was the light, but in a new form and a new rhythm. It was light at a slower pace. In other words, nothing in the world, not even what I saw inside myself with closed eyelids, was outside this great miracle of light.”

At the age of eight, Jacques lost his eyesight in a schoolyard accident. Although totally blind, he was not left in complete darkness. “I began to look more closely, not at things but at a world closer to myself, looking from an inner place to one further within, instead of clinging



Albert Einstein

would often accurately mirror the external world. While walking with a sighted friend in an area he had never been before, Lusseyran could indicate a particular line of trees on the horizon or some other landmark and his friend would confirm the scene. This seemed to be a strange talent indeed.

The blind teenager was safely above suspicion of dissident activity during the German occupation of France. Incredibly, he capitalized on his disability in 1941 to organize a local Resistance movement called The Friends of Liberty along with 52 other boys. The 17-year-old activist became head of recruitment and accurately assessed would-be resistance fighters through his heightened perception of vocalization. “Four-fifths of the Resistance in France was the work of men less than thirty years old,” Lusseyran wrote in his memoir.

At great risk, this blind leader of the French Resistance and his young friends began covertly printing a newspaper detailing Nazi atrocities and distributing copies in the middle of the night. Eventually, Lusseyran was caught and sent to the Buchenwald concentration camp, along with 2,000 other French citizens. Most of his friends died in the camps, but Jacques survived and moved to the United States where he taught French literature until his death in a car accident in 1971.

While most of us have never experienced anything comparable to Lusseyran’s “miracle of light,” is it possible his experience was the explicit form of what human beings have implicitly said about light for cen-

to the movement of sight toward the world outside.

“Immediately, the substance of the universe drew together, redefined and peopled itself anew. I was aware of a radiance emanating from a place I knew nothing about, a place, which might as well have been outside me as within. But radiance was there, or, to put it more precisely, light. It was a fact, for light was there... I found light and joy at the same moment...”

The author claimed that this inner world of light

tures, in myths, poetry and even popular song?

The mystery of light without

The light we see with the human eye, from violet to red, is just a thin wedge in the electromagnetic spectrum, from high frequency gamma rays to low frequency radio waves. But visible light has remarkable properties. Go far from the city, on a clear, moonless night. If it’s the right time of year and conditions are favourable and you know exactly where to look, you’ll be just able to see the galaxy M31 with the naked eye. This dim, little smudge is an island universe of a trillion stars, 2.5 million light years away. The stars’ ancient light set out long before human beings ever existed. Gaze up at a slowly circling firmament of stars and you are interacting with the greatest time machine in existence – the cosmos itself.

Science hasn’t rid the world of mystery; rather, it has made us appreciate its depth. Einstein wrote: “The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.”

Prior to Einstein, scientists were confident they had scrubbed the universe free of any ambiguous properties. Atoms were like hard, little billiard balls and light was a waveform, like ripples in a stream. All further discoveries would be refinements of existing knowledge, scientists believed. With just a few more decimal places added to their solutions, they could sit back and enjoy their clockwork cosmos, ticking along eternally and perfectly.

In 1905, a German clerk working in a Swiss patent office published a paper suggesting the capacity of radiation to generate an electric current might be bet-

ter understood if light was conceived of as a stream of particles. Einstein had begun thinking about light as a boy, and about what the world would look like if he could travel on a beam of light. The paradoxes resulting from his thought experiment led to his groundbreaking paper on the Special Theory of Relativity. Under extreme conditions, time and space can become as rubbery for the observer as a dividend statement from Bernie Madoff. Mass is equivalent to energy and only space-time, an abstract combination of all four dimensions, retains its universality for all observers.

It was Einstein who determined that light some-



Jacques Lusseyran

times behaves like a particle, and at other times like a wave, a property that was later discovered to extend to all atomic objects. Particles and waves are about as different from each other as cheerleaders and Cheerios, and they are quite impossible to reconcile conceptually. The great American physicist Richard Feynman cautioned against attempting to understand the concept of wave-particle duality, admonishing, "Do not keep saying to yourself, if you can possibly avoid it, 'But how can it be like that?' because you will get down the drain into a blind alley from which nobody has yet escaped. Nobody knows how it can be like that."

Einstein turned out to be a reluctant revolutionary. This wild-haired Bolshevik of twentieth century physics couldn't abide the uncertain direction his scientific revolution took. He led the charge against the temple of Newtonian physics, but he refused to join his colleagues in the final demolition. "God does not play dice with the world," he insisted in his arguments with Danish physicist Bohr. Yet there is now abundant laboratory evidence that unpredictability reigns supreme at the atomic realm. Newton's majestic clockwork has been replaced with a cuckoo clock cosmos, hooked up to a random number generator.

.....
Darkness, for me, was the light, but in a new form and a new rhythm. It was light at a slower pace...nothing in the world, not even what I saw inside myself with closed eyelids, was outside this great miracle of light. – Jacques Lusseyran

Light is immaterial – pure energy, oscillating in an empty field. According to the equations of relativity, time slows down as objects approach the speed of light, implying that light itself exists in a timeless dimension. Yet upon observation, it collapses into the field of time. Physicists have proven that mass-less particles of light, called photons, can be in spooky correspondence with each other though they may be light years away, even though Einstein once conceived this very state of affairs as proof that quantum theory must be wrong because it was in complete violation of any common sense picture of reality.

Einstein determined that time and space change according to the observer's frame of reference, while Heisenberg and Bohr discovered that the observer's role affects the outcome of atomic experiments. With the observer reintroduced, you might say the twentieth century revolution in physics began to address the division between the objective and subjective – the hard-edged, measurable world "out there" and the inner worlds of sensation and feeling, "in here." We still haven't bridged the gap between the world as it is known and the world as it is felt. But light, with all its abiding mysteriousness, may be one avenue to reach this seemingly impossible goal.

The mystery of light within

So what of the subjective description of light and all the metaphors for awareness and thinking – "reflection," "brilliance," etc. And what connection, if any, exists to the ambiguous light of quantum physics? On one hand, it seems perfectly obvious why light should be used as a metaphor for awareness. When

something is lit up, its outline is sharp and it is clearly defined. When we are in darkness, we bump around in confusion and lose our way. Yet the millennia-old linguistic linkage of light to consciousness seems to transcend the obvious connection between seeing and understanding.

There was a time when "illumination" and "enlightenment" were more than metaphors. Several thousand years ago, so-called "Mystery cults" were widespread across the Mediterranean area. Historians have only fragmentary knowledge of these ceremonies, but they appear to have sometimes involved spurring a transformative inner light among the participants.

The most important of these initiation ceremonies was held every year for the cult of Demeter and Persephone, based at Eleusis in ancient Greece. This major festival of the ancient world, open to all levels of Greek society, was believed to have begun in the Mycenaean period, around 1600 BC, lasting for two thousand years. For a tradition as long-standing as this – the longest in human history – we know remarkably little about the details of the Eleusinian Mysteries. Although they were sworn to secrecy, ensuring that little was recorded for posterity, the initiates were allowed to speak of their experiences in general terms.

According to Plato, "the ultimate design of the Mysteries ... was to lead us back to the principles from which we descended, ... a perfect enjoyment of intellectual [spiritual] good."


In *Ancient Mystery Cults*, Walter Burkert described mysteries as "initiation rituals of a voluntary, personal and secret character that aimed at a change of mind through experience of the sacred." During the course of these rites, in the supreme moment of revelation, initiates experienced some kind of supernatural luminosity. As Hippolytus wrote, the purpose of encountering the light is to discover "the sublime mysteries of nature." It was a literal illumination that was simultaneously felt, heard and seen.

The visions of light were sometimes imparted with a powerful revelation, filtered through the cultural consciousness of the time. The Latin writer Apuleius wrote of his revelation from initiation into the Mysteries of Isis: "I am Nature, the universal Mother, mistress of all the elements, primordial child of time, sovereign of all things spiritual, queen of the dead, queen also of the immortals, the single manifestation of all the gods and goddesses that are known to you on Earth."

This fragment from Themistios contains a telling line: "The soul at the point of death cont'd page 18..."

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Geoff Olson



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Olson is a Vancouver-based writer and political cartoonist. His work has appeared in *The Globe and Mail*, *Adbusters*, *Maclean's*, *This Magazine*, and *The National Post*. His commentaries have aired on CBC NewsWorld and CBC Radio. He is a regular contributor to *Common Ground* and the *Vancouver Courier*.

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You have just dined and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity. – Ralph Waldo Emerson

HUMANS ARE magnificent creatures capable of achieving great heights. Although at times less than obvious, there is much goodness in humankind. Never before in history has any species invested so much time in helping other creatures. We love others. We try to remedy injustice. We feed peo-

on there. Occasionally, while driving, we may see the eyes of a calf being trucked to its death, but, otherwise, livestock being transported to the slaughterhouse pass us by, unnoticed. After skinning, cutting, packaging, roasting and covering it with gravy, there's hardly a trace in our steak or drumstick of the animal's origins. Incongruously, in our children's picture books, animals lead happy, peaceful lives.

With a little research, we soon discover that killing animals for food is completely unnecessary for anyone's nourishment;

We feed people and we help dolphins washed ashore return to the sea... above all, we kill 60 billion animals every year because we like how they taste.

ple and we help dolphins washed ashore return to the sea. We do our best to be good. We care. We share. We value kindness, justice, truth, altruism, tenderness, generosity, compassion, love and service. When we're good, we're *really* good. And we can rightly be proud of ourselves.

At the same time, we often act like heartless barbarians – especially towards animals. Each year in the Faroe Islands, the sea turns red from the traditional slaughter of 3,000 to 4,000 whales. People pay big bucks to hunt the amazing wildlife of Africa and Canada. Animals are mistreated for our amusement. When Tyke, a circus elephant in the US, had enough and escaped, police shot him down in the street. But above all, we kill 60 billion animals every year because we like how they taste.

Our treatment of animals is inconsistent with the values we deem important. In our minds, this creates confusion and disconnection. While all animals are equally capable of feeling pain, we treat companion animals differently from pigs, chickens or cows. We credit our beloved puppy or cat with feelings and awareness, while denying the existence of such qualities in those our culture has labelled "food animals." A kitten trapped for days in a container or a mistreated pony merit headlines. Concerned citizens then lunch on lamb or veal.

Along with our confusion, we carry a burden of guilt. Our behaviour towards animals becomes more difficult to maintain as we learn how complex, intelligent and sensitive all animals can be.

We choose to hide the evidence. We don't know where slaughterhouses or animal factories are located or what goes

in fact, research shows meat to be detrimental to our health. Meat-centred diets increase our risk of cardiovascular disease, diabetes and obesity and raise the risk of colon cancer by 50 percent. To avert these calamities, we then subject "lab" animals to medical experimentation in attempts to discover how to overcome such chronic diseases, without changing our habits.

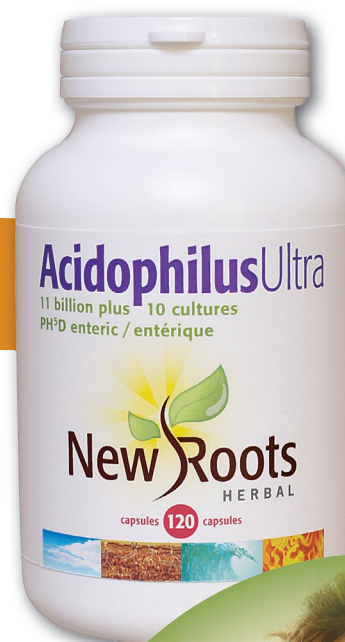
Most important, perhaps, is the emotional disconnection that occurs when we kill or eat animals. We must suppress our compassion and then keep such feelings far from our consciousness. Many children, however, recognize the link between the meat on their plate and the living animals they have seen on country excursions or in picture books. In such cases, the child may be hushed and told that there is no problem at all: the animal was born to be killed for meat; it had a good life; it didn't suffer. With such actions, the child's empathy is stifled.

Shifting to a more plant-based diet takes a little time and know-how, but it is well worth it.

For veggie meetings and events, see www.meetup.com/Vancouver-Meatless-Meetup and www.earthsave.ca

For vegetarian restaurants in Vancouver and elsewhere, see www.veg dining.com/Home.cfm and www.happycow.net

Vesanto Melina is a dietitian, consultant and author. Visit www.nutrispeak.com Call 604-882-6782. Tobias Leenaert was instrumental in Ghent, Belgium, implementing Veggie Day on Thursdays. This government-supported choice is being acknowledged internationally. www.vegetarisme.be/index.php?option=com_content&view=article&id=766



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NEWSBYTES

Harper government set to privatize our ocean

Take action by September 12

by Alexandra Morton

THE FEDERAL government has released its proposed Federal Pacific Aquaculture Regulations with a 60-day public input period. These regulations roll back the safeguards we have in British Columbia to prevent heavy industrialization and privatization of the coast at the expense of our communities. Once these regulations pass, there will be no further public input on how each salmon feedlot licence is written, how many wild fish they can take and what diseases they must report. The federal licences will be issued without First Nation or other consultation and can be expanded without an environmental assessment. I feel there has to be enormous response or else we all lose, even the people working in the industry because no retailer is going to want to be in possession of a seafood product authorized to "Harmfully Alter, Disrupt and Destroy" parts of the North Pacific. Oddly, these regulations will not apply to the east coast of Canada where the Minister of Fisheries resides.

Email Ed Porter:

PAR-RPA@dfo-mpo.gc.ca

Sign the petition at:

<http://spreadsheets.google.com/viewform?hl=en&formkey=dEIVTFY0d1qMGYR2F6Vnp3QjEzRnc6MQ#gid=0>

Excerpt from Alexandra's letter to Ed Porter, Fisheries and Oceans Canada, July 28, 2010

I am responding to the 60-day public comment opportunity on the proposed Federal Pacific Aquaculture Regulations (<http://www.gazette.gc.ca/cg-gc/about-sujet-eng.html>): left column "Part I Notices and Proposed Regulations" Vol. 144, No. 28, page 1933).

When BC Supreme Court ruled that the federal government must take over regulation of salmon feedlots, the intent was to bring the industry into compliance with the Constitution of Canada. But what Stephen Harper's Conservatives are trying to do instead is remove safeguards established by previous governments and open the door to privatizing the ocean, which is prohibited by the Canadian Constitution.

With his document, Harper not only licenses massive ecological damage, he depreciates the market value of BC feedlot salmon... Canadian pathologists warn against holding millions of diseased salmon in pens (Traxler et al. 1993). There is a strong correlation between salmon feedlot epidemics and the declining Fraser sockeye. This must be examined, but the provincial government is stonewalling release of salmon feedlot disease records

and Harper is stepping in to help.

These draft regulations ignore the International (OIE) and the Canadian Food and Health Inspection Agency standards by exempting salmon feedlots from full disease reporting. Harper is not only offering Norwegian companies the right to leave infected salmon in the water, he is protecting them from liability. If government and the industry are willing to throw away premium market value for disease secrecy, we are warned this is a dangerous and strong priority.

Harper is going to legalize destruction of wild fish that become trapped in the pens, attracted by the bright lights and food in the water. There are no surplus wild fish and so this by-catch will compete with fishing quotas. Many feedlots are in rock cod conservation areas where fishermen are not allowed, but the feedlots will continue trapping unknown amounts. This is bad management and will affect herring, sable fish, salmon, lingcod and other important wild fish.

The federal Conservatives are proposing salmon feedlot licences be granted and amended without environmental assessment. This violates strong public demand for healthy coastal waters, but neatly resolves the irreconcilable issue of dumping over a ton/day/site of industrial waste into salmon habitat. These are the only feedlots that never have to shovel manure and chemical waste as it flows conveniently into public waters.

Salmon feedlots are an "ecology of bad ideas," struggling to control disease with drugs, corrupting the food chain by using warm-blooded animal products, plants and fish from the southern hemisphere as feed, displacing local businesses, turning a public resource into a corporate commodity with no public access, dyeing their fish pink to resemble salmon. If jobs were the goal, the federal Conservatives and BC Liberals would be working with the BC companies developing sustainable land-based aquaculture to create a viable, world-class product.

These proposed regulations are a signpost. If this were about fish, attention would have been paid to the market value of the product. Instead, it risks one of the last naturally producing salmon regions in the world for a depreciating commodity. What these draft regulations do is clear away legislation established to protect Canadians and our coast from industrialization and privatization.

Ed Porter, the proposed Federal Pacific Aquaculture Regulations do not protect the interests of Canadians or the world and must not be adopted.



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Help Greenpeace keep the BC coastline oil-free

by Stephanie Goodwin,
BC director of Greenpeace Canada

Enbridge, an oil pipeline giant, is planning to build twin pipelines from the tar sands through the Great Bear Rainforest to the BC coast. If successful, the company would bring more than 200 crude oil tankers through the beautiful but rough waters of northern BC for the first time. That's why we're taking drastic action. We need to stop this before it starts. Greenpeace is working to prevent Enbridge, and other oil companies like Kinder Morgan, from expanding operations in BC. It's not going to be easy, but you can help us right now by making a donation online: <https://secure.greenpeace.ca/pipeline/>

The BP oil catastrophe in the Gulf

the Fraser River sockeye salmon fishery. As a result, the certification of the Fraser River sockeye fishery is temporarily on hold... The Fraser fishery recently became the focus of a commission of inquiry by the Government of Canada, due to a major collapse of the fishery and widespread concerns over mismanagement.

"Eco-certification can provide a powerful incentive for improvement in the way we manage our fisheries," said Aaron Hill, Ecologist Watershed Watch, "but it becomes meaningless when you set the bar too low and certify unsustainable and mismanaged fisheries. It becomes fraud."

Visit the Watershed Watch Salmon Society (www.watershed-watch.org/), SkeenaWild Conservation Trust (www.skeenawild.org) and the David Suzuki Foundation (www.davidsuzuki.org)



Photo by Craig Orr courtesy of Watershed Watch Salmon Society

of Mexico teaches us one thing: oil and water do not mix. Not in the Gulf and not on the BC coast.

Dubious eco-certification for salmon fisheries

Three Canadian salmon fisheries are now certified "sustainable" by the London-based Marine Stewardship Council (MSC). Sockeye salmon harvested from the Skeena and Nass Rivers and from Barkley sound, on Canada's Pacific coast, will now bear MSC's coveted eco-label in fish markets worldwide.

"The MSC has just granted eco-certification to three fisheries that routinely over-harvest threatened and endangered salmon stocks," said Dr. Craig Orr, executive director of the Watershed Watch Salmon Society. Earlier this year, three BC conservation groups – Watershed Watch Salmon Society, David Suzuki Foundation and SkeenaWild Conservation Trust – filed a notice of objection to the MSC's intention to award eco-certification to

Council of Canadians celebrates UN's recognition of human right to water

After over a decade of hard work, the global water justice movement achieved a major victory today as the United Nations General Assembly voted overwhelmingly in favour of recognizing water and sanitation as human rights. The resolution – put forward by Bolivia and co-sponsored by 35 states – passed overwhelmingly with 124 states voting in favour and 42 abstaining.

"It was a great honour to be present as the UN General Assembly took this historic step forward in the struggle for a just world," says Maude Barlow, national chairperson of the Council of Canadians. "It is sad however, that Canada chose not to participate in this important moment in history."

As a result of this vote, the human right to water and sanitation is now explicitly and formally recognized in international law.



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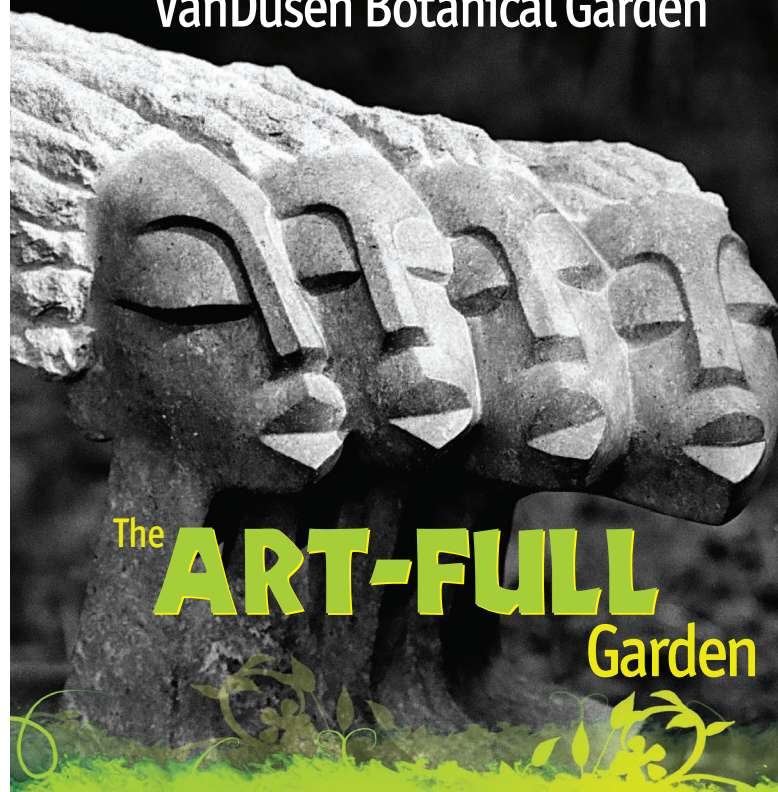
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DRUG BUST Alan Cassels

Counting what "co

HEALTH

ALBERT EINSTEIN might have been talking about the way we currently monitor our health when he said, "Not everything that can be counted counts, and not everything that counts can be counted."

One thing is for sure; when it comes to our own health, the medical system we have created expects everyone to do a lot of counting. In our zeal to count things, we are told to strive for "targets" and to push for lower numbers of blood pressure, blood cholesterol or blood glucose and a lower BMI (body mass index). Amidst all the counting, we often forget the fact that those numbers are surrogates for the things that actually 'count' – the quality of your life and your health – and we should never lose sight of that. We measure, calculate and count and some people even fill their lives with the 'busywork' around their health numbers hoping that something – better health, maybe? – will be achieved.

If you ever find yourself feeling guilty about your numbers – your apparent "high" blood pressure, or your "high" blood glucose – take some solace in this: numbers concerning your health may seem like objective measures and worth fighting for, but the meanings we construct around them are anything but objective, as they're so often shaped by the twisting fog of bias, superstition and fear. The numbers aren't as important as the meanings we attach to those numbers and those meanings are often way out to lunch.

The over-arching problem with much medical measuring and counting is that it wastes valuable time that could be spent on activities that could actually make a difference to our health. It also causes unnecessary worry and needlessly turns people into patients, making us all obsess about the wrong things and sometimes making us do foolish things that make us sicker.

But before you accuse me of health heresy and send a mob of angry doctors to lynch me, let's take a closer look at some of this stuff.

Blood pressure

The Heart and Stroke Foundation of Canada states that Canadians should "learn about what constitutes healthy blood pressure readings, cholesterol levels and lifestyle habits." In this vein, they tell you that you should aim for an "optimal" blood pressure read-

ing 120/80 mm Hg. Ok, fair enough, but what, in this context, does "optimal" mean?

For some people, this target is impossibly hard to achieve, even with several drugs. Old people will naturally have higher blood pressure as they age; should they strive for the magic target as well? We need to bear in mind that some people naturally have higher blood pressure than others, our blood pressure fluctuates all the time, sometimes the readings are wrong and sometimes the doctor simply standing next to you causes your pressure to spike and, and, and... The whole blood pressure thing is fraught with uncertainty and controversy.

Even most doctors won't know about the growing disagreement in the medical community about how low your blood pressure should be. Back in 1999, more than 800 doctors, pharmacists and scientists from dozens of countries around the world signed a letter to then director general of the World Health Organization, Gro Harlem Brundtland, saying that the new hypertension guidelines, developed with pharma's help, of course, set new international targets for blood pressure, which resulted in "increased use of antihypertensive drugs, at great expense and for little benefit." Pharma with its own people on the committee deciding the blood pressure guidelines? Mon Dieu!

But that's the way the world works and it works the same with drug company officials dithering with the setting of targets regarding blood sugars and cholesterol and just about everything else we measure that can be altered by taking a drug. What happens is that these committees inevitably set targets so low, the population of people told to take drugs grows exponentially. What a great way to make money. God bless capitalism.

To say this is crazy making is an understatement, but read on.

BMI

Many people in wellness say you should aim for a Body Mass Index (BMI) of between 18.5 and 24.9 kg/m², which is a simple mathematical ratio between how tall you are and how much you weigh. If you are curious about your numbers, go online and use any BMI calculator to find yours. If your BMI is 25 or higher, you are con-

"counts" in healthcare

sidered to be "overweight" and should talk to your doctor about it.

What you won't be told is that the BMI was invented by a 19th century Belgian mathematician named Lambert Quetelet who explicitly said the BMI should not be used for the purpose of indicating the level of fatness in an individual. Others have said the BMI level is basically useless, as it doesn't account for relative proportions of bone, muscle and fat and doesn't really give a clear indicator of obesity level. Since bone and muscle are denser than fat, a person with strong bones, good

which overnight has expanded the definition of "high" to include millions more people. The bottom line here is that lowering a person's cholesterol with drugs, when they're otherwise healthy, is an utter waste of time.

Don't believe me? A study in the *Annals of Internal Medicine* published this past June looked at 65,000 people from nine different statin studies and found that no lifesaving benefit was achieved by treating healthy people with statins. We know that statins can provide modest benefits in people with established heart disease and can help

The statin cheerleaders have been incredibly effective, making our cholesterol numbers a national obsession and driving a market of gargantuan proportions.

muscle tone and low fat will have a high BMI. Are you an Olympic rower? Your BMI is probably close to 30!

Despite its limitations, there is evidence that health fascists are terrorizing the population with BMI-derived numbers. A recent article in the UK's *Derby Telegraph* tells a story of five-year-old Grace Hill who, according to the article, loves to swim, dance and ride her bike. The picture of her smiling face reveals a normal, healthy looking five year old. Her mom is steaming mad, however, because she recently received a letter from Big Brother (the National Health Service) with the following warning: "Your child is overweight for their age and sex." Britain's health service is incurring the wrath of other angry parents who have received similar letters after their youngsters were weighed and measured as part of a nationwide program. You have to ask, "Can labelling kids, who come in all sorts of shapes and sizes, as 'fat' and warning their parents they are at risk of heart disease, cancer and strokes be helpful?"

High cholesterol

But let's move on to the most infamous numbers of all – your cholesterol levels. The Heart and Stroke Foundation is among many groups recommending that men over 40 and women over 50 have their cholesterol checked. The goal is to see if you have "high" cholesterol and thus at increased risk for a heart attack or stroke. Suffice to say the cholesterol level considered 'normal' has been fudged lower at least twice in the last decade, an action

prevent a second heart attack, though it is not possible to extrapolate those benefits to healthy people.

Yet the statin juggernaut keeps rolling on, pushing healthy people to get their cholesterol tested, to "know their numbers" and to obsess about those numbers to the point they are convinced they need to swallow a pill every day – a pill which, in rare cases, could kill them.

The statin cheerleaders have been incredibly effective, making our cholesterol numbers a national obsession and driving a market of gargantuan proportions. In 2009, Canadians filled 31 million prescriptions for statins, at a total cost of \$2.6 billion, a ton of money and a lot of drugs for people worried about altering a stupid, little blood reading.

Diabetes

Having diabetes is all about counting the levels of your blood sugars. If you are a diabetic or know a diabetic, you'll know all about the modern practice of blood letting, i.e. testing your blood sugars sometimes several times a day just to make sure it isn't too "high." Last December, CADTH, the Canadian Agency for Drugs in Technology and Health, reported that frequent checking of blood glucose for non-insulin using type-2 diabetics is not a good idea. In fact, there is evidence that frequent checking of blood sugars can be harmful, causing anxiety and depression amongst type-2 diabetics.

Over the last decade, we've seen a subtle shift in the marketing of blood testing for type-2 *continued p.34...*

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Seed savvy

ON THE GARDEN PATH Carolyn Herriot

ORGANICS

FARMERS AND agriculturists have been growing food and selecting seeds for future harvests for 10,000 years. Fewer than six generations ago, our ancestors lived rural lifestyles, growing food and saving their own seeds or acquiring them locally. Today, the majority of farmers don't save seeds and most of the rest of us have forgotten how. As passive consumers in a global economy, despite all the amazing technology at our fingertips, we have forgotten how to feed ourselves.

Modern seed production is geared towards agribusiness, which is geared towards making food production as cheap as possible. Plant breeders hybridize seeds for identical plants for uniformity in harvesting and processing. In this biotech age, seeds are genetically modified for resistance to the ever-increasing amounts of pesticides that are needed for 'farming' with unnatural monocultures. Today's consumers have become addicted to an abundance of cheap food from around the world, made possible by an era of plentiful fossil fuels. Unfortunately, the reality of cheap food is that it harms the Earth and it's killing us through poor nutrition in the process.

As we transition towards a sustainable future, agriculture will once again be based on small-scale, regional food production and we will need naturally pollinated seeds, which we can keep saving. Seeds that have been hybridized and tampered with genetically do not provide the solution to feeding ourselves.

Seed selection: As a seed saver, you participate in selection, encouraging the qualities you most value in a plant. Select seeds from the healthiest, best-performing plants in the garden, displaying the most typical characteristics of the variety. If selection is not carefully maintained, it's easy to lose the favourable traits of a certain strain.

'Off types': Inspect the plants frequently to identify any 'off types,' plants that show different traits from the other plants. These should be 'rogued' out by removing them before they flower.

Seed collection: Timing for seed collection is critical and observation is the key to success. Wait until seeds are ripe enough for collection, but don't wait until they have dispersed into the garden or the finches have eaten them. Be

aware of weeds that hide among plants and remove them before inadvertently collecting their seeds.

I collect most seeds in brown paper bags, upon which I write the name and date of collection and any other pertinent information. If there's a large volume of seeds to collect, I line large, plastic tubs with bags, which then stay in the greenhouse for two weeks so the seeds can dry. They are then moved to the dry garage, which is cooler, until they are cleaned in October.

Labelling: For everything you collect, identify the name and record the date of collection and any special features.

Drying: Thorough drying is critical before storing seeds in sealed containers or envelopes. The larger the seed, the longer it needs to dry. If possible, leave seeds to mature on the plant, but it is sometimes necessary to harvest seeds



Row of five-colour silverbeet going to seed

before they are quite ripe.

Cleaning: Remove the chaff and other debris by sieving seeds through screens of different sized mesh. Winnow seeds in a light breeze to remove any tiny particles or dust. I use a hairdryer on a cold setting to do this.

Storing: The ideal temperature for storage is 5°C, in a dark, cool, humid area. Avoid fluctuations in temperature. Paper bags, envelopes or airtight containers (yoghurt tubs) work well. Seeds retain longer viability when refrigerated or frozen. Place dried seeds in small, zip-lock, plastic bags; pack these into a sealed, glass jar and place in the fridge.

Carolyn's new book *The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food* is now available (*Harbour Publishing*). <http://earthfuture.com/gardenpath/>

Grizzlies

Human behaviour to bear in mind



THERE IS something magical in observing bears in the wild, but the question is how should we behave in bear country? Ideally, we want to be able to enjoy the wilderness and allow the bears to thrive in their habitat. If you come across a coastal grizzly bear, be aware that its evolution will have an affect on how it reacts to you.

Grizzly bears evolved on the open steppes of the northern plains where hiding was not an option so their defence is usually to go on the offensive. A female grizzly will charge you to chase you away from her cubs or food source. Most of the time, it's only a bluff charge and she will turn away once she thinks you are no longer a threat. Do not shout or wave your arms the way you would if you had an interaction with a coastal black bear. Coastal black bears evolved in forested areas so they tend to run, climb a tree or hide. Most coastal black bears are black with little white bow ties. Coastal grizzly bears are brown, blond, dark brown or black and they're bigger, with a large hump of muscle between the shoulders.

A grizzly bear may walk towards you with a grizzly swagger to assert dominance or simply because it is curious. If possible, back up. If you are in a boat, move your vessel away. Be aware that your lunch can be just as enticing to a bear as it is to you. I have opened a sockeye sandwich about a mile from a grizzly bear and with its nose turned into the wind, it immediately started walking towards us, at which point

we started the boat motor, put the food back in the cooler and quickly got out of there. You also have to be careful to keep garbage aboard the boat. Bears foraging along the beach at low tide for natural seafood will come across human garbage and learn to like it; they'll then seek out other sources of human food from logging camps and summer homes. Human food-conditioned bears are put down by the BC Conservation Service. Black bears conditioned to human food are also attracted to bird feeders in people's yards; you might ask yourself if it is really necessary to feed birds in the summer when there is a lot of wild food available.

On the move

Grizzly bears hibernate high in the mountains above the tree line. As the sun strengthens and the snow begins to melt, a female grizzly bear breaks through the protective layer of snow to greet the spring. She is not alone this year; three small cubs peek out into a bright strange world. Born in the dark den to a sleeping mother, these cubs – the size of a pound of butter – begin to nurse on their mother's rich milk, gaining weight and growing bigger every day. Emergence from the den signals the beginning of the cub's lessons in survival. Female grizzly bears have many lessons to teach their young and the mother will keep them close for three winters before they are ready to go off on their own.

Initially, the young family stays close

by Howard Pattinson

to the winter den until the cubs learn to scramble over logs, along rocky, steep slopes and through the dense underbrush. Slowly, the mother leads her cubs down to the low tide beaches of Knight Inlet. On these rocky beaches, she finds protein that will provide the calories required to replace the almost 40 percent loss of body weight that occurred over the winter. She will teach her young to roll rocks to find tasty blennies, eels, crabs and isopods that have been stranded as the tide recedes. By the middle of summer, the cubs will be rolling their own rocks, which are about half their size, just like mom does.

Spring is not a safe time for young grizzly bears as male grizzlies are roaming the beaches and estuaries in search of food and a mate. Males will kill the cubs to force the females back into heat. This mom and cubs stay away from the highly productive estuaries and remain hidden near an old avalanche chute where she gets by on skunk cabbage and low tide beach seafood. She will only move into the estuary when she is certain the males have finished mating and moved into the high country to gorge on alpine berries. As the salmon berries ripen in mid June, she spends more time in the berry patches. On a lucky day, when a sharp eyed bald eagle snatches an early salmon out of the creek and rips at the wriggling fish, mother's nose goes up and she trots along the beach. Coming suddenly over a rock bluff, she startles the eagle into flight. This grizzly family enjoys its first salmon meal of the season.

People have lived with bears on the BC coast for thousands of years. They are an important part of our wilderness and a symbol of strength, power and intelligence. When we remember a few simple rules, we may not only enjoy bears in the wild, but we can also help them stay wild.

Howard Pattinson is the owner of Tide Rip Grizzly Tours in Telegraph Cove, BC. As a grizzly tour guide, he is very familiar with bear behaviour in the wild. www.tiderip.com



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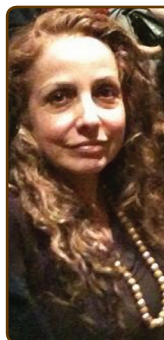
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We fall in love and it feels so wonderful that we want it for the rest of our lives. We get married, promising to love one another until death. We fall in love not only with the person, but also with the dream, the vision of what we think our life should be. At this moment in the evolving vision, we press pause and say that this is the picture I choose for my life.

It is the very human, egoic part of our being that does it this way. At the time, it is all that we know. We think we are the director of our life story and that we can set the agenda. If this were true, marriages would not end in divorce, accidents would not happen, loved ones would not die before we are ready to let them go and we would achieve all we desire.

SPIRITUALITY

he thinks the worst is now over and he can finally relax. Of course, the moment he does relax is the moment the rogue wave hits.

Our life's journey and our relationships often go this way. While the ego plans to fall in love and live happily ever after, the soul's agenda involves so much more. Sometimes, it seems like this: two people are drawn together with a powerful attraction and know they want to be together. Things go well as they plan their lives. Children come and they are overjoyed. A few, or many, years later, they are just not happy with each other and with their lives. Despite all of their efforts, they cannot get the feelings back. The love has faded, if not died.

It seems as though while they were dreaming, the bigger agenda involved bringing the souls of their children into this world. Those souls picked this mom and that dad and so they had to be together to fulfill this purpose. Once the purpose was fulfilled, there was no lon-

I think we still need to believe in love, make sincere commitments

and aim for the lifelong love with which some are blessed. At

the same time, we need to learn to accept that the universe

sometimes has other plans for us.

Ego does not like to acknowledge that on this journey, the power is shared. We are only one half of the equation; the universe is the other half. This second half is the manifestation of soul's destiny or purpose.

Imagine a sailboat setting out to sea. All the charts and weather patterns have been studied and a smooth, enjoyable journey is expected. Now imagine there is a sailing coach who has the ability to manipulate the oceans. He decides that, while a smooth journey would be nice, the sailor is very capable and would learn so much more if there were challenges along the way. He knows that while the challenges will be difficult, the sailor will gain strength and wisdom in struggling through them.

So the sailor sets out prepared to have an easy sail, with lots of rest and relaxation. A few days in, he discovers it will be anything but. He encounters rough seas with high waves and has to push himself to the limit to manage them. Eventually, the storm passes and

ger any reason for them to stay together. In fact, the universe had other agendas in which they needed to participate. Unaware of this, they go through all the pain and angst about how this should not have happened, as we do tend to think of divorce as a breakdown or failure of something that should have lasted.

I think we still need to believe in love, make sincere commitments and aim for the lifelong love with which some are blessed. At the same time, we need to learn to accept that the universe sometimes has other plans for us and the ending of the marriage is really no one's fault. With this, we can learn to let go gracefully and honour one another for the gifts that surely were there, once upon a time.

Gwen Randall-Young is an author and psychotherapist in private practice. For permission to reprint and for articles and information about her books and CDs, visit www.gwen.ca See display ad this issue.



The nature of "I"

A NEW EARTH Eckhart Tolle

IN MOST cases, when you say "I," it is the ego speaking, not you, as we have seen. It consists of thought and emotion, of a bundle of memories you identify with as "me and my story," of habitual roles you play without knowing it, of collective identifications such as nationality, religion, race, social class or political allegiance. It also contains personal identifications, not only with possessions, but also with opinions, external appearance, long-standing resentments or concepts of yourself as better than or not as good as others, as a success or failure.

The content of the ego varies from person to person, but in every ego the same structure operates. In other words,

the mind makes up that you completely believe in. Whether you complain aloud or only in thought makes no difference. Some egos that perhaps don't have much else to identify with easily survive on complaining alone. When you are in the grip of such an ego, complaining, especially about other people, is habitual and, of course, unconscious, which means you don't know what you are doing. Applying negative mental labels to people, either to their face or more commonly when you speak about them to others or even just think about them, is often part of this pattern. Name-calling is the crudest form of such labelling and of the ego's need to be right and triumph over others: "jerk,

To forgive is to overlook, or rather to look through. You look through the ego to the sanity that is in every human being as his or her essence.

egos only differ on the surface. Deep down they are all the same. In what way are they the same? They live on identification and separation. When you live through the mind-made self comprised of thought and emotion that is the ego, the basis for your identity is precarious because thought and emotion are by their very nature ephemeral, fleeting. So every ego is continuously struggling for survival, trying to protect and enlarge itself. To uphold the I-thought, it needs the opposite thought of "the other."

The conceptual "I" cannot survive without the conceptual "other." The others are most other when I see them as my enemies. At one end of the scale of this unconscious egoic pattern lies the egoic compulsive habit of fault finding and complaining about others. Jesus referred to it when he said, "Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?" At the other end of the scale, there is physical violence between individuals and warfare between nations. In the Bible, Jesus' question remains unanswered, but the answer is, of course: Because when I criticize or condemn another, it makes me feel bigger, superior.

Complaining and resentment

Complaining is one of the ego's favourite strategies for strengthening itself. Every complaint is a little story

bastard, bitch"— all definitive pronouncements that you can't argue with. On the next level down on the scale of unconsciousness, you have shouting and screaming, and not much below that, physical violence.

Resentment is the emotion that goes with complaining and the mental labelling of people and adds even more energy to the ego. Resentment means to feel bitter, indignant, aggrieved or offended. You resent other people's greed, their dishonesty, their lack of integrity, what they are doing, what they did in the past, what they said, what they failed to do, what they should or shouldn't have done. The ego loves it. Instead of overlooking unconsciousness in others, you make it into their identity. Who is doing that? The unconsciousness in you, the ego. Sometimes the "fault" that you perceive in another isn't even there. It is a total misinterpretation, a projection by a mind conditioned to see enemies and to make itself right or superior. At other times, the fault may be there, but by focusing on it, sometimes to the exclusion of everything else, you amplify it. And what you react to in another, you strengthen in yourself.

Non-reaction to the ego in others is one of the most effective ways of not only going beyond ego in yourself, but also of dissolving the collective human ego. But you can only be in a state of non-reaction if you can *cont'd pg. 34...*

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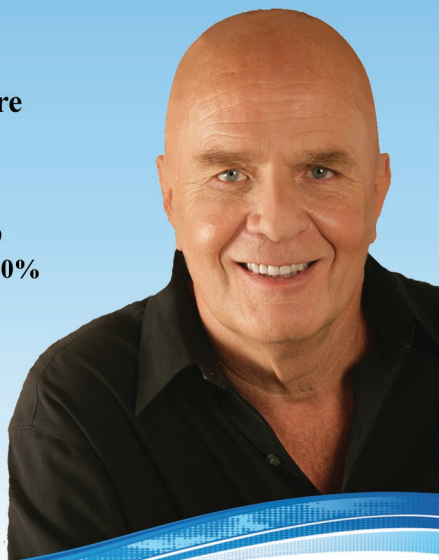
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...Light from p. 7

has the same experience as those who are being initiated into the Mysteries. One is struck with a marvellous light." There is a similarity between this and later Buddhist teachings. Most notably, the *Tibetan Book of the Dead* speaks of the phenomenon of light in the after-death experience. Contemporary accounts of near-death experiences also speak of a beckoning, brilliant light.

We are obviously talking about something much more significant than a metaphor. At the introduction of the ceremony, initiates into the Eleusinian Mysteries drank a beverage called kykeon. Gordon Wasson, Albert Hofmann and Carl Ruck, authors of *The Road to Eleusis*, have argued that kykeon was a psychoactive drink made from ergot of rye. This pharmacological key opened a door into the inner world of the participants, with guidance supplied by the Eleusinian priests and priestesses. If the authors are correct, the Ancient Greeks had a cultural tradition that was both ancient and futuristic: a culturally sanctioned biotechnology of the soul.

The persistence of inner light

Yet tales of an inner light are not limited to ancient history and they can happen spontaneously, without prolonged isolation, fasting or drugs. In his 1902 book, *Cosmic Consciousness*, the Toronto doctor Richard M. Bucke wrote in the third person of his own experience in a Hansom cab, returning home after an evening spent discussing philosophy with friends. Suddenly, he thought the cab was on fire.

"All at once, without warning of any kind, he found himself wrapped around as it were by a flame-coloured cloud... he knew that the light was within himself. Directly afterwards came upon him a sense of exaltation, of immense joyousness accompanied or immediately followed by an intellectual illumination quite impossible to describe... he saw and knew that the cosmos is not dead matter but a living Presence, that the soul of man is immortal, that the universe is so ordered that without any peradventure all things work together for the good of each and all, that the foundation principle of the world is what we call love and that the happiness of everyone in the long run is absolutely certain."

If Bucke lived today, his inner light might be pathologized as some form of mental confusion, listed in medical reference texts as 'perverse phototropic Pol-

lyannism,' treatable with 'Despondex' or some other affect-flattening drug.

Of course, we can be assured there is some neurological pattern associated with such experiences and many of us are just fine leaving it at that. Religious fundamentalists are often suspicious of pleasure in general, and boundary-dissolving experiences in particular. And scientific materialists are as quick to reject anything with an occult stench as Dickens' character Ebenezer Scrooge was to dismiss the ghost of Jacob Marley as a "lump of undigested potato."

This experience of a transformative inner light likely happens more often than we think. It's just that such anecdotes are rarely shared, partly because there is no agreement on which box to stick them in, on either the Judeo-Christian or secular shipping floor, except possibly 'devilish' or 'delusional.'

A Vancouver woman in her mid-eighties recently shared with me that, after her husband's death, she was filled with an intense light, which came with a powerfully sensed, nonverbal message: everything is all right. The world, with all its passing terrors, hardships, beauty and joys, is complete unto itself. Who are we to tell her that such an experience, engraved into her memory like a name on a locket, was just some obscure neurological hiccup and not a momentary glimpse of the truth?

Enter the Helicopter Man

In Einstein's "miracle year," 1905, he gave the world three scientific papers that completely altered our view of reality. It was also the year of the Russian Revolution, the Wright Brothers' first successful airplane flight lasting more than a half an hour and the expansion of Canada with the addition of Alberta and Saskatchewan. 1905 was also the birth year of philosopher, cosmologist and inventor Arthur M. Young, best remembered for the invention of the first commercial helicopter at Bell Labs in 1947. Yet by the end of his life, this now mostly forgotten figure, a creative genius who has been compared to Albert Einstein, had given the world a radical new cosmology that connects light, life, spirit and science.

I'll be taking this topic further in my talk at the Vancouver Public Library on Sept. 15.

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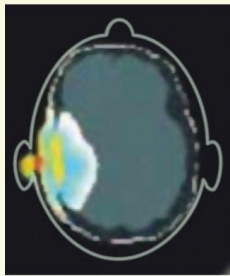
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Wireless Radiation Rescue Forum and Canadian book launch

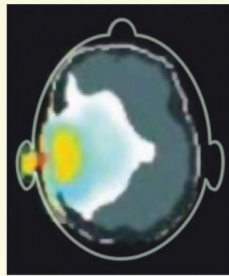
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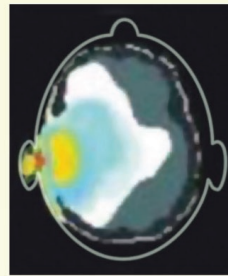
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Gandhi, Lazzi & Furse, 1996



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Stephen Sinatra, MD, FACC

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Fight for your civil rights

staying silent is not an option

by Cameron Ward

On August 1, 2002, Vancouver lawyer Cameron Ward was wrongfully accused of planning to throw a pie at then Prime Minister Jean Chrétien and he was searched, handcuffed, arrested and jailed. Cameron subsequently sued the Vancouver Police Department and his jailers. The final result was the Supreme Court of Canada's decision on July 23, 2010, that Canadians have the right to sue for monetary compensation if their constitutional right are violated. This is Ward's story of his eight-year ordeal and ultimate vindication.

ON APRIL 17, 1982, the day I saw Queen Elizabeth and Prime Minister Trudeau sign the new Canadian Constitution on the front lawn of the Parliament Buildings, I felt I was watching history being made. As a second year law student attending the University of Ottawa, I realized the Charter of Rights and Freedoms was an important new piece of legislation that would redefine many aspects of Canadian life. I had no inkling, however, that some 28 years later I might be making a bit of Charter history myself.

On July 23, 2010, the Supreme Court of Canada issued its decision in *Ward v. City of Vancouver*, unanimously declaring that Canadians may have the right to sue for monetary compensation if their constitutional rights are violated. How did I, a Vancouver civil litigation lawyer, end up as a party in a case some commentators are hailing as a significant development in the law pertaining to civil liberties?

To answer that question, we must go back to the evening of November 25, 1997. I had received a call at home from a client who said she was in jail in Richmond, after being arrested in connection with the APEC summit at UBC, and would I please come quickly to help? It turned out that my client was one of dozens of people arrested at UBC that day by overzealous members of the RCMP, who had pepper sprayed and detained student demonstrators alarmed that their campus was playing host to the likes of President Suharto of Indonesia and President Jiang Zemin of China. Many speculated that Prime Minister Jean Chrétien or his aides had been responsible for the police crackdown and two years of high-profile public hearings ensued.

I continued to act as legal counsel for many of the student complainants and, as a result of the attention the case received,

I became something of a lightning rod for those with grievances against the police. My practice changed and I found myself frequently representing the families of those who had died at the hands of the police or those who had been injured by police conduct. A year later, for example, I found myself representing people who had been injured by police batons at the so-called "Riot at the Hyatt," which was not a riot at all, but one of the most egregious examples of police brutality I have witnessed. A squad of Vancouver crowd control police emerged from the breezeway under the Hyatt Hotel on Burrard Street and began indiscriminately clubbing protesters who had congregated there to protest a speaking engagement by Prime Minister Chrétien. I also represented the families of Jeff Berg, Tom Stevenson and Robert Bagnell, men killed by Vancouver police in separate, unrelated incidents.

All of this was difficult, challenging and frustrating work and it probably didn't make me any new friends in the police community, or, for that matter, in the legal community, where most prefer to believe the police can do no wrong. While I have always respected the work of police officers, they do enjoy enormous power and I firmly believe they must be held accountable when that power is abused. The only effective check on police misconduct, in my experience, is the civil justice system, and my cases on behalf of a variety of plaintiffs attracted some public attention.

.....
What did I learn? I learned how powerless one can be in the face of authority. The police officers that dealt with me that day were arrogant and rude and clearly felt they could abuse me as they saw fit... Civil rights and liberties are under assault and are being eroded daily in this country.
.....

This was the context for the events that transpired on August 1, 2002, a day I will not soon forget. Prime Minister Chrétien, of APEC and Hyatt fame, was once again in Vancouver, this time to conduct an opening ceremony at the new Millennium Gate on Pender Street. On my way to the office, I stopped and parked my car at a meter. It was before 10:00 AM. Out of curiosity, I wandered over and watched a

bit of the ceremony. I was struck by the level of security, heavy even by APEC standards, and was a bit unnerved by the sight of police on rooftops with automatic weapons. I became bored by the speeches and left, walking briskly in the direction of my car.

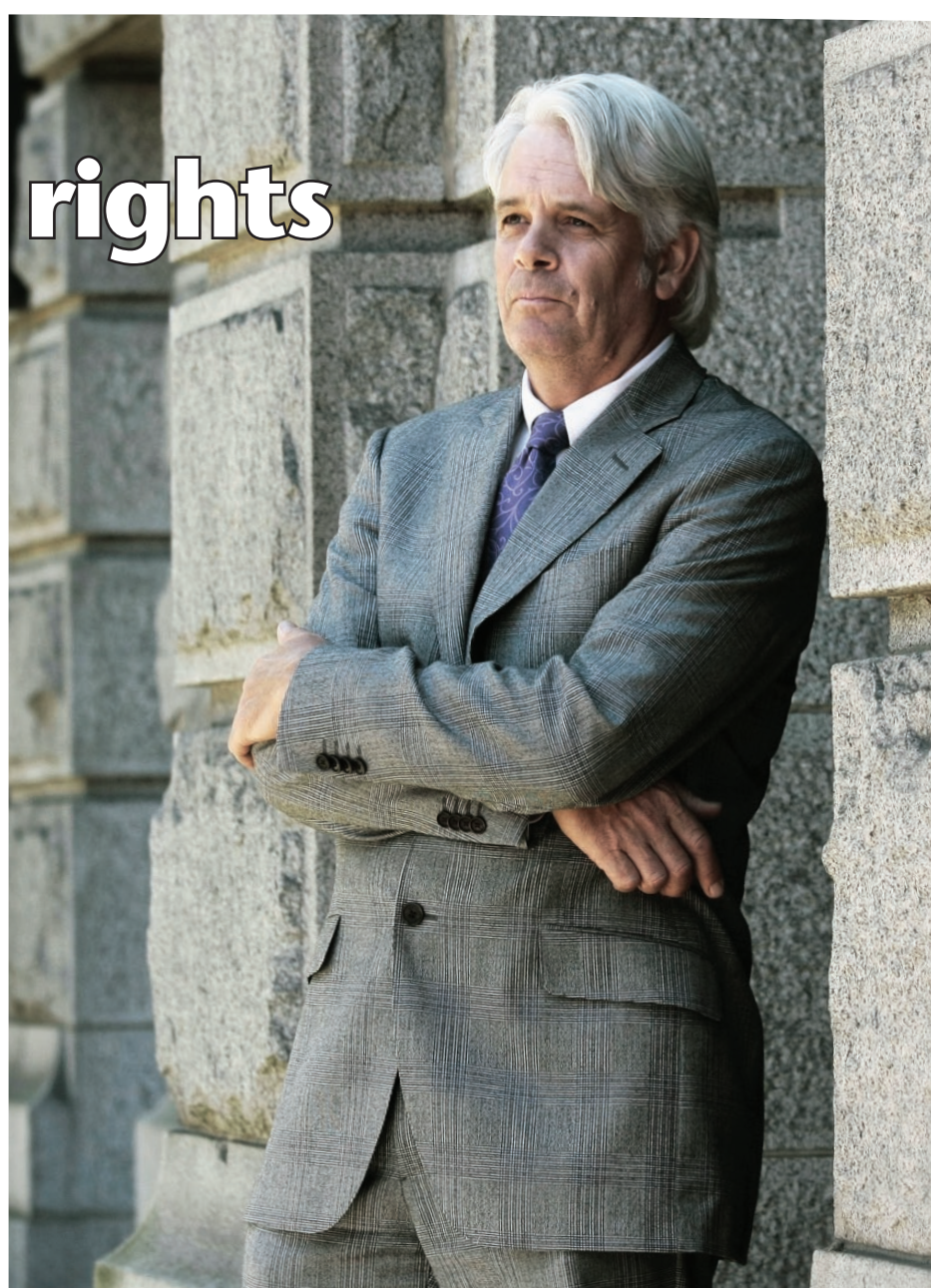
A Vancouver police officer confronted me and demanded, "Were you planning to throw a pie at the Prime Minister?"

I looked at him incredulously and said, "No, of course not." While I may have had my differences with Mr. Chrétien, it would never have occurred to me to plaster him with meringue. In the same forceful tone, the police officer then said, "Show me your ID." I suppose it was the lawyer in me that responded with "Why?" I knew that, in my country, police did not have the right to demand identification

from a pedestrian in the street without some legitimate reason for the request. It seemed my answer was not the one the officer wanted because I immediately found myself in handcuffs. Two more officers arrived and I repeatedly asked them whether or not I was under arrest, without receiving an answer.

I grew frustrated and began asking to call a lawyer. Again, I received no answer. Realizing I had my cell phone in my pocket, I reached in with one hand and took it out and began punching in a number. One of the police officers promptly took it away. I was searched and my wallet and keys were removed. I heard the police officers call my identification in.

I continued asking, over and over again, if I was under arrest and could I call a lawyer? The police ignored these requests and I became more and more frustrated. I was trying to convey that there had been a misunderstanding, but they would have none of it. Remembering that one of my clients had once escaped a trip to jail by attracting attention to his plight while detained on the street by police, I began to raise my voice in the hope that a passer-by would come to my aid. I felt helpless; the police were ignoring me and I couldn't summon help by telephone, so what was I to do?



Cameron Ward photo by Harrison Ha, www.harrisonha.com

A police wagon was called to the scene and I was unceremoniously deposited inside. Still in handcuffs, I was driven to the jail and left in the stationary wagon for what seemed like an interminable time. I could see police walking around outside and I shouted for help. They laughed.

After a while, I was taken out of the wagon by one of the officers involved in my arrest. He showed me my possessions and told me, for the first time, that I was under arrest "for investigation of assault on the Prime Minister." I shook my head in disbelief and asked again to call a lawyer. The request was denied. "There is no privacy here," I was told. I responded, "I will gladly waive my right to privacy; let me call a lawyer," but I was getting nowhere.

I was taken into the jail. I began repeating, "I want to call a lawyer." I must have made this request 30 times over the course of an hour and I was getting no closer to exercising my right to contact counsel. The sergeant in charge of the jail grew impatient, saying, "We can do this the easy way or the hard way." I was deposited in a large cell for a while, presumably to discourage me from asking for a lawyer. I gave up and was soon taken to a smaller room where two large men with blue rubber gloves told me to take off all my clothes. This was getting uncomfortable. I noticed my knees trembling as I disrobed, but couldn't tell whether it was from fear or cold. I suppose it made little difference. When I was standing only in my briefs, I decided to again speak out. "Look, I am a lawyer; I know what the law is and it's against the law to strip search me," I said, with as much bravery as I could muster.

A conference ensued between the men wearing the gloves and "sergeant hard way." I was spared further embarrassment and was allowed to dress, albeit without my shoelaces. I was taken to a cell marked "INTOX" and the door closed heavily behind me. I looked around. I was alone in a tiny, concrete cell that measured about one metre by two metres. It was completely barren, save for a video camera in the top corner of one wall. I sat on the cement floor and waited. Many hours passed. I remained alone, staring at a blank cement wall with smears of dried blood and perhaps other bodily fluid, contemplating my fate. I knew I had done absolutely nothing wrong and had certainly not assaulted the Prime Minister, but hey, why was I here? I thought to myself, "The World Trade Center attacks of September 11 were less than a year ago. Does someone think I am a terrorist? Will I get out of here?" I am not necessarily claustrophobic, but as I sat, uncomfortably, in that confined space, with all kinds of thoughts running through my head, I realized I would probably sign just about anything in exchange for a promise to be released.

Finally, I was removed from the cell. Two detectives met me at the book-

ing desk. One said, "You were arrested because you matched the description of someone who we had information was going to throw a pie at the Prime Minister. We arrested him and realized you were not involved."

"What," I sputtered. "When did you arrest him? I've been here all day."

"That's all I can tell you," the detective said. "We'll take you to your car now."

"Thanks," I replied. "I'll show you where it is."

"That won't be necessary. We have it."

I was driven to an impound lot and told not to touch anything, as there were other "crime vehicles" within. I got in my car and drove home. I had no sooner walked in the door than a friend called and told me he had seen me on the evening news, in handcuffs, being put in a police wagon.

That was distressing. I consulted a lawyer friend and we decided to seek an immediate apology from the Vancouver police. They refused and published comments making matters worse so I lodged a formal complaint with the Office of the Police Complaint Commissioner and sued the police and jailers.

The police complaint was investigated by Abbotsford police and dismissed as "unsubstantiated." I pressed on with the lawsuit. A week before trial, I offered to drop the case and walk away in exchange for an apology. The defendants refused and a six-day trial ensued, resulting in the judge awarding me a total of \$10,100 in damages for my unlawful detention, the unreasonable search of my person and the unreasonable seizure of my car.

The defendants appealed to the Court of Appeal and to the Supreme Court of Canada, losing in both instances. They probably spent hundreds of thousands of dollars over the eight-year process. I had my own counsel, Brian Samuels, who generously devoted hundreds of unpaid hours to my case. It was quite an education.

What did I learn? I learned how powerless one can be in the face of authority. The police officers that dealt with me that day were arrogant and rude and clearly felt they could abuse me as they saw fit. I also learned first-hand how daunting, time-consuming and expensive it can be to try to vindicate oneself. I am now even more acutely aware of and sensitive to violations of constitutional rights.

Would I do it again, knowing what I know now? Unquestionably, yes. Staying silent is not an option. When our rights as citizens in this democracy are violated, we must stand up and fight for them. Civil rights and liberties are under assault and are being eroded daily in this country. If we turn the other cheek, we will lose all that we cherish and hold dear.

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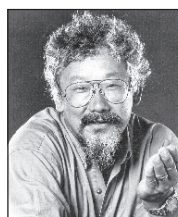
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Climate change deniers deluded

SCIENCE MATTERS David Suzuki with Faisal Moola

IT MUST BE difficult, if not downright embarrassing, to be a climate change denier these days. After all, the scientists they've attacked have been exonerated, London's *Sunday Times* newspaper ran a retraction and an apology for an article deniers were using to discredit climate change science and more and more denier "experts" are being exposed as shills for industry or just disingenuous clowns. (Naomi Oreskes' excellent book *Merchants of Doubt* offers insight into how the

in January questioning the findings of the IPCC report on rainfall changes in the Amazon. The *Times* admitted it had misrepresented the views of climate researcher Simon Lewis and that, contrary to its article, the findings of the IPCC report were backed by peer-reviewed research.

As their arguments fall apart, deniers have stepped up their efforts, even going so far as to send hate mail and death threats to scientists who are working to ensure our survival in the face of the

As their arguments fall apart, deniers have stepped up their efforts, even going so far as to send hate mail and death threats to scientists who are working to ensure our survival.

deniers operate.) Meanwhile, evidence that fossil fuel emissions contribute to dangerous climate change just keeps building.

We use the term deniers deliberately. People who deny overwhelming scientific evidence, without providing any compelling evidence of their own and who remain steadfast in their beliefs even as every argument they propose gets shot down, do not demonstrate the intellectual rigour to be called skeptics. Meanwhile, evidence of the harm our fossil fuel addiction causes beyond climate change mounts every day, as oil spews into the Gulf of Mexico and industry and governments spend huge sums of money to keep us hooked.

Let's take a look at some recent events. First, three independent investigations found the unimaginatively named "climategate" was anything but the scandal or "nail in the coffin of anthropogenic global warming" that deniers claimed. The reports, the last of which was released in early July, found that East Anglia University climate scientists at the centre of the hacked emails brouhaha could have been more open about sharing data, but their science was rigorous and sound.

And a review of criticisms of the UN Intergovernmental Panel on Climate Change's global assessment of climate change found that, despite "a very small number of near-trivial errors in about 500 pages," the report contained "no errors that would undermine the main conclusions." Yet another independent study supported Penn State University climatologist Michael Mann. Deniers have been attacking professor Mann's research for years.

Another blow to the deniers' arsenal came when London's *Sunday Times* was forced in June to run a fulsome apology and retraction for an article it published

greatest danger we face. And then we have the spectacle of the fossil fuel industry and petro-fuelled governments doing all they can to prolong our addiction to non-renewable and polluting sources of energy as oil continues to gush into the Gulf of Mexico.

Our federal government recently cancelled an 18-month investigation into tar sands pollution of water and destroyed all draft copies of the report. And Alberta premier Ed Stelmach paid \$55,800 to place a half-page ad in the *Washington Post* promoting tar sands oil and a pipeline to carry it to the US after the newspaper refused to publish his arguments. Meanwhile, premier Stelmach has joined with Alberta and federal government officials and oil industry representatives to promote tar sands oil in the US and to water down any US regulations that might reduce fossil fuel consumption.

Of course, the deniers will ignore the evidence. Nothing would please us more than if they were right. Life really would be easier if fossil fuels like oil and coal did not cause environmental damage or pose risks to life on our small planet. But this is the real world, with real scientific evidence pointing to the urgent need to make changes in the way we live and get energy.

We have many ways to confront the threat of catastrophic climate change, from individual efforts to conserve energy and pollute less to government initiatives to encourage development of clean energy technology. It's time to listen to the people who continue to look at the facts in the face of baseless accusations, break-ins and threats. We need to listen to those who are trying to do something about our predicament rather than wishing it away.

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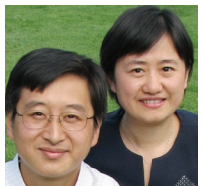
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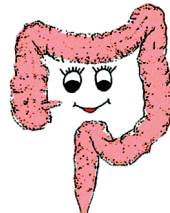
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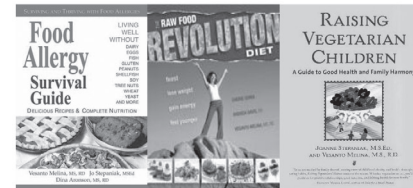
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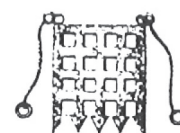
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 – Aristotle

...Summer from p. 4

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Lawrence Scanlan, author of *A Year of Living Generously: Dispatches from the Front Lines of Philanthropy* (published by Douglas & McIntyre), wrote about Ursula Franklin, the celebrated physicist, pacifist, author and Companion of the Order of Canada winner in the *Ottawa Citizen* on July 28, 2010. "Now 88, Franklin is 'profoundly worried about the absence and erosion

of democracy in Canada.' When Franklin sees cabinet ministers holding press conferences to discuss legislation not yet debated in the House of Commons, she sees democracy deceived. And when she hears the prime minister saying he does not "trust" the Opposition, she sees contempt for democracy itself. 'Who wants to live in a country,' Franklin asked, 'where those who don't think like you are deemed untrustworthy?'"

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In defence of the CRTC

INDEPENDENT MEDIA Steve Anderson

I RECENTLY FOUND my way into a media and technology industry conference where I 'accidentally' bumped into the chair of the CRTC, Konrad von Finckenstein, who was surprisingly charming. Our conversation couldn't have been more different from my previous experiences at CRTC hearings where commissioners bore down with condescending glares like feudal lords. What's more, Konrad also seemed pleasantly surprised to see me. Our interaction con-

Channel. Teneycke is now leading this Canadian right-wing news network, which will be named Sun TV.

Rather than accept the need to compete on a level playing field as Al Jazeera English and other broadcasters do, Quebecor applied to the CRTC for a coveted Category 1 Licence, meaning cable operators across Canada would be forced to carry this Fox-style channel, which would amount to a subsidy of millions of dollars, maybe even tens of millions.

On June 15, media giant Quebecor announced the launch of a 24-hour, right-wing news channel modelled after Fox News.

veyed to me that this man knows what the CRTC is: a politically contested space.

Many media commentators, myself included, have been critical of the CRTC over the years. At times, it has seemed to see itself as a mediator between industries, rather than as a public watchdog. When it has made a decision that incorporated the public interest, it has often done so with a conflicted and weak-willed approach. Case in point: the "Traffic Management" ruling, while a huge step forward, puts the onus of enforcement of the open Internet on consumers.

Mobile internet openness = big win

If the CRTC's weak nod to the public interest in the above decision doesn't inspire confidence in the institution, two very recent rulings should. On June 30, the CRTC extended its Traffic Management (Net Neutrality) rules to mobile wireless data services. This ruling was made in response to requests by OpenMedia.ca, through its partner the Canadian Internet Policy and Public Interest Clinic (CIPPIIC), two public interest organizations. This is a huge win. As Canadians increasingly connect to the internet using mobile devices, it's impossible to overstate the importance of this ruling in terms of ensuring we have access to the open internet.

The case of Fox News North

On June 15, media giant Quebecor announced the launch of a 24-hour, right-wing news channel modelled after the Fox News network in the US. It appears the plan for the station was hashed out last year when Prime Minister Stephen Harper and his then communications director Kory Teneycke sat down for a secretive meeting with Rupert Murdoch and Roger Ailes, president of Fox News

Despite the involvement of a key Conservative operative, and the political pressure that inevitably comes with that, it appears the CRTC is listening to the public interest community. In July, the CRTC sent a letter to Quebecor denying them Category 1 carriage until at least October of 2011.

Public engagement is key

When I bumped into another not so friendly CRTC commissioner recently, he quipped that the CRTC makes its rulings and the government overrules them if they don't like them. "That's how it works," he said. This was an interesting and unsolicited admission – that he accepts the government's ability to undercut the authority of the expert body that is intended to regulate our media – from someone who is supposed to be an independent regulatory commissioner.

The CRTC recognizes its own limitations within a highly contested space and feels political pressure from the Conservative government, which is very cozy with big media and big telecom companies. These companies also bombard the CRTC with their own arguments and narratives. Commissioners attend their conferences, the firms have a small army of lobbyists and, indeed, there is a revolving door between the CRTC and industry that means many decision makers come from the industry they are supposed to regulate.

But recent rulings suggest the CRTC can do the right thing when faced with public pressure. If the public is engaged *en masse*, the CRTC can be transformed into the public institution it is mandated to be.

Steve Anderson is the national coordinator for OpenMedia.ca. He has written for The Tyee, Toronto Star, and Adbusters.

The low down on *Get Low*

CULTURE

FILMS WORTH WATCHING Robert Alstead

DEATH HAS been a reliable source of comedy on the big screen, from the 1971 oddball *Harold and Maude* to the more recent horror spoofery of the *Scary Movie* franchise where Death himself was one of the best characters. Typically, whenever death and comedy are mixed up, out-and-out bad taste is the result. *Get Low* (out on August 6), however, is a subtler creature, a story where the black humour is reined in to allow for a sense of breathing space for dramatic mystery.

A period story, set in small-town Tennessee in the '30s, *Get Low* is loosely based on a folk tale that screenwriter Chris Provenzano originally heard from his grandfather-in-law, a retired undertaker, at a Thanksgiving dinner. Provenzano took the tale and, along with co-writer C. Gaby Mitchell, fleshed it out.

Eccentric hermit Felix Bush (Robert Duvall), a feared local legend, makes a rare foray into town from his wooded isolation, with a shotgun and a fat roll of greasy dollar bills in hand. Realizing he's going to "get low" – Bush's euphemism for going to the grave – the laconic mystery man goes to the church looking for a memorial service. However, he wants it while he's still alive so he can hear what people are going to say about him. The preacher says that such a thing can't be bought; it comes for free by asking for God's forgiveness. This irks Bush and he stomps off. When it comes to the business of death, struggling undertaker Frank Quinn (Bill Murray) is less scrupulous. With his honest apprentice Buddy Robinson (Lucas Black), together they seek out the old man for the deal that could save the business and so begin the preparations for a "living funeral."

The big question throughout the film is what is driving Bush to have this funeral. A dark, unspeakable secret is premised in the opening scene of a wooden house in the distance, engulfed in flames. A human figure, on fire, leaps from a second floor window and runs through the night. The significance of this scene, which I found myself constantly turning back to in my mind's eye, is withheld by director Aaron Schneider to the end. And if the unfolding mystery weren't handled so adeptly, this would feel a little too much like being toyed with.

The film's humour derives from the way the characters approach normally delicate situations of dying and trust. Murray, as the spiffy undertaker, obsequious, desperate and secretly alcoholic, is in sharp contrast to the gruff, straight-talking Bush. The youthful Buddy provides another counterpoint, the straight man for Murray's deadpan humour – Murray has the best lines –



Sissy Spacek as Mattie in *Get Low*, a film that deals humorously with the delicate issues of trust and death.

and someone in whom Bush can place his trust. Sissy Spacek also plays a minor part. The actors do a great job, particularly Duvall who thoroughly inhabits the role of wild man of the woods and easily switches gears from comedy to scenes that evoke the themes of forgiveness and reconciliation at the heart of the film.

Also coming up this month is the humorous *Soul Kitchen* (August 13). Fatih Akin's film, which won the Special Jury Prize and the Young Cinema Award at the 2009 Venice Film Festival, tells the story of a restaurant owner who strives to keep his business, despite a series of mishaps.

With its themes of friendship, love and village-like community, the film has been described as reminiscent of a German genre made popular in the 1950s called "*Heimatfilm*" (homeland-film), i.e. the *Soul Kitchen* restaurant. It looks like a busy soundtrack with funky instrumentals from Kool & The Gang, classical R&B tracks by Sam Cooke, Hamburg hip hop and electro sounds, live rock music, Greek Rembetiko and a *de rigueur* DJ-set and a "*Heimatfilm*". For good measure, there's also a song by Hans Albers, apparently one of Germany's top actor-singers in the '30s and '40s.

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com. He writes at www.2020Vancouver.com

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Experience 'dreamtime journeywork.' Insight/healing with your nature spirit totems. Vancouver Multi-Cultural Society, 1254, W. 7th. 7-10pm. By donation. Earthsong Healing Circles. 604.418.9636. www.shamanichealing.info

AUG 19

Free Talk & Info Session: "Dreaming & Stalking" a Toltec teaching. Hosted by the Institute of Shamanic Medicine. 7:30pm, Vancouver. RSVP early; space is limited: 1-877-329-8668 or info@shamanicmedicine.ca www.shamanicmedicine.ca

AUG 19-21

David "Avocado" Wolfe peak performance coach, nutritionist & best-selling author in Vancouver: Aug. 19 "Living Longevity" lecture. Aug. 20 Intimate dinner with David Wolf. Aug. 21 "The Best Day Ever" with David Wolf & Gabrielle Brick. Registration/info at

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Join the Fight HST Rally

Sun. Aug. 8 @ Stanley Park Entrance

fightHST.com

The people have spoken with the Fight HST petition and the campaign to repeal the HST will continue until the B.C. government listens. Join volunteers and other British Columbians in another rally to demonstrate support for the ongoing Fight HST campaign.

1:30pm August 8, 2010

Assemble in the parking lot of the Devonian Harbour Park on Denman St. @ W. Georgia St. The walk along Georgia St. begins at 2pm and concludes at 3pm.

Please RSVP by email to fighthst.rally@shaw.ca so we know we can count on your support. Signs will be provided at the rally.

www.SpeakEasyPromotions.com or call 250-514-8614.
Email sarah@surthrival.ca See display ad.

AUG 20-22

Yoga: Gravity and Grace with master teacher Peter Sterios. Vancouver, \$165 full weekend, \$40- \$50 individual classes. 604-649-8522, christina@soulspringwellness.ca, www.soulspringwellness.ca

AUG 20-22

"Freedom from the Known" retreat with Krishnamurti videos, dialogues and scholar/teacher Hillary Rodrigues on skype; www.swanwickcentre.ca / 250-744-3354 (Victoria).

AUG 24

Meditation for Planetary Peace on the Full Moon, Tuesday, August 24 at 7:30 PM. 2950 Laurel St, Vancouver. www.pranichealing.ca/vancouver.htm

AUG 28

Yoga Open House 10am-6pm. Free Yoga classes 10am, 2pm and 4pm. Enjoy homemade chai/cookies. 223 W. Broadway, Suite 200 (@ Columbia.) 604-646-0134. www.vanyoga.com

AUG 31

Wireless Radiation Forum - Safeguarding your family from the risks of electro-pollution, 7pm, St. Andrew's-Wesley Church (Burrard/Nelson). Speakers: Stephen Sinatra & Kerry Crofton. \$15 with pre-registration. \$20/door. See display ad in magazine for registration form. www.radiationrescue.org

SEPT 3-5

Family Constellation Weekend with European facilitator Claus Kostka. Inter-generational healing. SPEC Bldg. in Kitsilano Vancouver \$250/\$450: www.familyconstellation.info, 778-888-5540.

SEPT 4-5

Live at Squamish music event Labour Day weekend: Happy times in a big field with great music! Tickets on sale now at www.liveatsquamish.com

SEPT 14

Become a Registered professional counsellor: Free info session, Sept. 14, 7:30pm, Unity Church, 5840 Oak St. Hosted by Clearmind International Institute. Email lecturetickets@clearmind.com

SEPT 15

Common Ground Special Events: Geoff Olson Live! "LightTime: A Natural History of Illumination." Using cartoons and graphics, artist and writer Geoff Olson examines how science and spirituality may find common ground through one seemingly simple, yet greatly puzzling phenomenon: light. Vancouver Public Library, Lower Level, Alma Van Dusen Room & Peter Kaye Room, 7:30pm. Tix \$12/adv., \$15/door. Call Common Ground 604-733-2215.

SEPT 17

Introduction to Foot Reflexology commences Certificate Weekend Training Course. Introduction 7.30 pm \$10; Course \$350. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

SEPT 18-19

Rosen Method Weekend - Journey of Self Discovery: Special opportunity to experience Transformative Bodywork with Mariette Berinstein, Certified Teacher. \$318 includes lunches. Lodging available: \$37/night Cascadia Centre, Roberts Creek BC. Info/register: www.RosenMethod-Canada.com 1-877-885-0179.

SEPT 30-OCT 3

Yoga Conference and Show: 4 days, 30+ master teachers, 108 classes. Vancouver Convention Centre. Registration: www.theyogaconference.com See display ad.

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events

Meditation for Planetary Peace
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2950 Laurel St. (at 14th), Vancouver

Pranic Healing Clinics in Vancouver
St. George's, 2950 Laurel St. (at 14th)
Tuesday evening 6 - 9 PM*
Open August 3rd, 10th, & 17th

The Meditation for Planetary Peace is
held at the beginning of each clinic.
*Last healing begins half-hour before closing

Keep In Touch
www.pranichealing.ca/vancouver.htm

Classified

UPCOMING

NOV 23

More than Entertainment - Dr Wayne Dyer, world renowned Author and Speaker will show you how to find your life's purpose and your true sense of fulfillment and joy. Experience "The Shift: Moving Ambition to Meaning". 7pm, Queen Elizabeth Theatre. Tickets at www.ticketmaster.com

SUNDAYS

SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

Centre for Spiritual Living: Join us every Sunday @ 11 AM for spiritual teachings and great music at #08 1880 Triumph Street (at Victoria Drive), Vancouver. Info: 604-321-1225, www.cslvancouver.com

TUESDAYS

Potluck Event & Garden Party! Join us at 7pm the first Tues. of every Month for an organic, homemade potluck dinner. Bring something creative & enjoy our community garden in the parking lot. Ethical Kitchen, 1600 McKay Rd., North Van. 604-988-6280. www.westonaprice.org

Reflexology Student Clinic 6-10pm. One-hour sessions \$20. By appointment only. Pacific Institute of Reflexology (604) 875-8818. www.pacificreflexology.com

WEDNESDAYS

Align yourself with the positive energies of the universe. Every Wednesday 7pm, YWCA, Room 411, 535 Hornby St. 604-317-2747 www.santmat.net Always Free.

FRIDAYS

Give Peace a Chant! Energize yourself with yoga of KIRTAN, Sanskrit call & response yoga chanting and Vedic mantra meditation. Friendly community setting. No experience necessary. EVERY FRIDAY EVENING @ 7:45pm, \$20, 2111 W. 16th Ave @ Arbutus. Please check website for details: www.givepeaceachant.org

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

ONGOING

ACOA Adult Children of Alcoholics &/or dysfunctional families 12 step recovery. Meet to share your experience and recovery. 604-878-8500. www.adultchildren.org

BLOOD ANALYSIS COURSE

LIVE & DRY BLOOD ANALYSIS 3-day Workshop on Practical, Basic Nutritional Microscopy. Sept. 11-12-13. Info at www.qwest4health 604-531-3480.

CLASSES

MASSAGE CLASSES. Thai Massage & Fusion Works (includes Hot-Stones, Balinese, Thai & more!) r.m.t.s receive 24 ceu's. www.academyofmassage.ca 1-866-537-1219.

RETREATS

SPA FOR THE SOUL! Queenswood Retreat Centre, Victoria. Individual or group retreats. Counseling, spirituality library, trails, bodywork, pool. www.queenswoodcentre.com, 250-477-3822.

ROOMS FOR RENT

CENTRAL SEMINAR ROOM/OFFICE: Cosy, carpeted room, seats 40. Available 24 hours, seven days/week. Natural/dimmer lighting, parking, beverage facilities, good energies. 535 West 10th avenue (at Cambie) (604) 875-8818.

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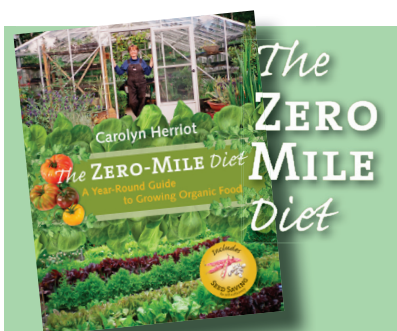
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...Tolle from p. 17

recognize someone's behaviour as coming from the ego, as being an expression of the collective human dysfunction. When you realize it's not personal, there is no longer a compulsion to react as if it were. By not reacting to the ego, you will often be able to bring out the sanity in others, which is the unconditioned consciousness as opposed to the conditioned. At times, you may have to take practical steps to protect yourself from deeply unconscious people. This you can do without making them into enemies. Your greatest protection, however, is being conscious. Somebody becomes an enemy if you personalize the unconsciousness that is the ego. Non-reaction is not weakness but strength.

Another word for non-reaction is forgiveness. To forgive is to overlook, or rather to look through. You look through the ego to the sanity that is in every human being as his or her essence. The ego loves to complain and feel resentful not only about other people but also about situations. What you can do to a person, you can also do to a situation: make it into an enemy. The implication is always: This should not be happening; I don't want to be here; I don't want to be doing this; I'm being treated unfairly. And the ego's greatest enemy of all is, of course, the present moment, which is to say, life itself. Complaining is not to be confused with informing someone of a mistake or deficiency so that it can be put right.

And to refrain from complaining doesn't necessarily mean putting up with bad quality or behaviour. There is no ego in telling the waiter that your soup is cold and needs to be heated up if you stick to the facts, which are

always neutral. "How dare you serve me cold soup?..." That's complaining. There is a "me" here that loves to feel personally offended by the cold soup and is going to make the most of it, a "me" that enjoys making someone wrong. The complaining we are talking about is in the service of the ego, not of change. Sometimes it becomes obvious that the ego doesn't really want change so that it can go on complaining. See if you can catch, that is to say, notice, the voice in the head, perhaps in the very moment it complains about something, and recognize it for what it is: the voice of the ego, no more than a conditioned mind-pattern, a thought. Whenever you notice that voice, you will also realize that you are not the voice, but the one who is aware of it. In fact, you are the awareness that is aware of the voice. In the background, there is the awareness. In the foreground, there is the voice, the thinker. In this way you are becoming free of the ego, free of the unobserved mind.

The moment you become aware of the ego in you, it is, strictly speaking, no longer the ego, but just an old, conditioned mind-pattern. Ego implies unawareness. Awareness and ego cannot coexist. The old mind-pattern or mental habit may still survive and reoccur for a while because it has the momentum of thousands of years of collective human unconsciousness behind it, but every time it is recognized, it is weakened.

Excerpted from A New Earth: Awakening to Your Life's Purpose by Eckhart Tolle. Reprinted by arrangement with Dutton, a member of Penguin Group (USA), Inc. Copyright © Eckhart Tolle, 2005.

...Drug Bust from p. 13

diabetics, with more emphasis on getting these people to test their blood more and more frequently. What's driving this is the medical marketing machine, which continually scares people into testing their blood sugars frequently, wielding kidney disease, blindness and amputation as fear mongering tools of manipulation. More and more intensive monitoring means lots more money for the glucose test strip makers, the people that make the glucose monitors, and, of course, those who sell drugs.

Those who want to push blood pressure screening, cholesterol-testing, blood glucose monitoring and BMI measuring will say all this counting is important to remain healthy.

But I see it differently. Much of the counting is about aiming for absurd lower thresholds, which results in more and more people helplessly swallowing pills, worrying and obsessing about their numbers and otherwise focusing

on the wrong thing.

Before you worry about the numbers coming from your personal cholesterol, blood pressure, blood glucose or BMI levels, you should do what you intuitively know you need to do to stay healthy: eat well, get enough exercise and take time everyday to relax.

The American satirist Ambrose Bierce defined an egotist as a "person of low taste – more interested in himself than in me." Maybe I should rephrase this: the health egotist is the person more interested in his numbers than his health. To those who wish to be egotistical and love the busywork of counting, I say, go for it; you're not likely to hurt anyone but yourself.

Alan Cassels a pharmaceutical policy researcher at the University of Victoria and the author of The ABCs of Disease Mongering: An Epidemic in 26 Letters.

On Track Zodiac



AUGUST 2010 Adrien Dilon



ARIES (Mar 21 – Apr 19)

The idea that much has improved in your life is correct. You have benefited from the lessons you learned regarding how you esteem yourself and they have given you a preview of a few glorious months to come.



TAURUS (Apr 20 – May 21)

As you continue on a path that you have seldom travelled before – one with many unfamiliar sights – you make progress. You have taken more risks perhaps and are becoming quite proud of your accomplishments. Relish in your invoking of adventure.



GEMINI (May 22 – Jun 20)

Family matters become easy to address and finances are not something that beg for attention. You breathe a huge sigh of relief and you can do things on your own terms. As everything falls into place, you are able to live the dream.



CANCER (Jun 21 – Jul 22)

You could find the door you once walked through with wild abandon is the same door you now wish to close. The desire to let loose and fly off to new places has brought a new gleam to your eye. Take advantage of opportunities; change is beneficial now.



LEO (Jul 23 – Aug 22)

The lion sleeps tonight. Relaxing and taking your sweet time with everything have more to offer you. Your contentment with things as they are, running smoothly, fills each gap with serenity.



VIRGO (Aug 23 – Sep 22)

You might delight in being on schedule and carving out certain goals. You like routines and planning and making everything work like a mosaic of timing and order. The only thing needed now is a touch of flexibility and having less expectation of perfection.



LIBRA (Sep 23 – Oct 22)

Life has been a bit challenging perhaps and, yes, you will get a respite now. You need not concern yourself with the details as to how to come up for air. Balance and stability arrive as the pendulum swings toward the centre again.



SCORPIO (Oct 23 – Nov 21)

You may have the desire to revisit places of your youth and to call upon childhood friends. The steps you take to rekindle those things that brought you to this point will be a mirror for you, as you rejoice in the full-circle whimsy that is your life.



SAGITTARIUS (Nov 22 – Dec 21)

You will be able to withstand all manner of tests, providing proof that you are somewhat indomitable. You can focus on what is in front of you and achieve much. You could find that working on your own is better than gathering others and joining forces.



CAPRICORN (Dec 22 – Jan 19)

If you discover that people in authority create difficulties for you, try to allow them their egoic stance and remain quiet. The best thing for you to do is to be in agreement and stay tuned in to what you know is your truth.



AQUARIUS (Jan 20 – Feb 19)

Sexual attraction and deepening friendships come from allowing more trust in your personal sphere of influence. The amorous quality of your nature is now permitted to meet its match. Allow for more leisure times and become a magnet for romance.



PISCES (Feb 20 – Mar 20)

You might find your routine is changing and life has a different feel within the context of daily activities. Your prayers have been noted and you suddenly find yourself becoming more creative and prosperous.

Adrien Dilon is a clairvoyant consultant and author with 35 years experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.

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Integrative Energy Healing

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Info Session: Sept 8, Sept 22 & Oct 13

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Expressive Arts Therapy

The only integrative arts-based psychotherapy training in BC. Train to be an Expressive Arts Therapist within a range of educational, clinical, and community settings.

Info Session: Sept 13, 6-7:30pm

Fashion & Image

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Shiatsu Therapy

Develop the power of touch and learn the tools to establish a successful professional practice. Visit the website or e-mail for an information guide.

Spa Therapy & Holistic Massage

Benefit from 1000 hours of massage training including Thai Massage, Swedish Massage and Aromatherapy.

Info Session: Oct 20 & Nov 17

Advanced Yoga Teacher Training (NEW)

Become a transformational teacher by advancing your wisdom and experience. Gain 350 hours of expert training and a hands-on practicum. Certificate pending.

Info Session: Sept 21 & Nov 10

Yoga Teacher Training

This part-time program gives 250 hours of training in various aspects of classical and contemporary yogic practices. Visit the website or e-mail for an information guide.



Naseem Gulamhusein
Yoga Teacher Training Program Coordinator

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